

**Full Report (All Nutrients) 12179, Nuts, coconut meat, dried (desiccated), sweetened, shredded**

Report Date:October 23, 2015 09:07 EDT

Nutrient values and weights are for edible portion.

**Food Group : Nut and Seed Products****Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 93g	1 package (7 oz) 199g
<b>Proximates</b>						
Water	g	12.55	--	--	11.67	24.97
Energy	kcal	501	--	--	466	997
Energy	kJ	2096	--	--	1949	4171
Protein	g	2.88	--	--	2.68	5.73
Total lipid (fat)	g	35.49	--	--	33.01	70.63
Ash	g	1.42	--	--	1.32	2.83
Carbohydrate, by difference	g	47.67	--	--	44.33	94.86
Fiber, total dietary	g	4.5	--	--	4.2	9.0
Sugars, total	g	43.17	--	--	40.15	85.91
<b>Minerals</b>						
Calcium, Ca	mg	15	--	--	14	30
Iron, Fe	mg	1.92	--	--	1.79	3.82
Magnesium, Mg	mg	50	--	--	46	100
Phosphorus, P	mg	107	--	--	100	213
Potassium, K	mg	337	--	--	313	671
Sodium, Na	mg	262	--	--	244	521
Zinc, Zn	mg	1.82	--	--	1.69	3.62
Copper, Cu	mg	0.313	--	--	0.291	0.623
Manganese, Mn	mg	2.475	--	--	2.302	4.925
Selenium, Se	µg	16.7	--	--	15.5	33.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.7	--	--	0.7	1.4
Thiamin	mg	0.031	--	--	0.029	0.062

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Riboflavin	mg	0.020	--	--	0.019	0.040
Niacin	mg	0.474	--	--	0.441	0.943
Pantothenic acid	mg	0.722	--	--	0.671	1.437
Vitamin B-6	mg	0.271	--	--	0.252	0.539
Folate, total	µg	8	--	--	7	16
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	7	16
Folate, DFE	µg	8	--	--	7	16
Choline, total	mg	19.3	--	--	17.9	38.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.39	--	--	0.36	0.78
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.3	0.6
<b>Lipids</b>						
Fatty acids, total saturated	g	31.468	--	--	29.265	62.621
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.202	--	--	0.188	0.402
8:0	g	2.486	--	--	2.312	4.947
10:0	g	1.976	--	--	1.838	3.932
12:0	g	15.743	--	--	14.641	31.329
14:0	g	6.216	--	--	5.781	12.370
16:0	g	3.008	--	--	2.797	5.986

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18:0	g	1.838	--	--	1.709	3.658
Fatty acids, total monounsaturated	g	1.510	--	--	1.404	3.005
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	1.510	--	--	1.404	3.005
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.388	--	--	0.361	0.772
18:2 undifferentiated	g	0.388	--	--	0.361	0.772
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.034	--	--	0.032	0.068
Threonine	g	0.105	--	--	0.098	0.209
Isoleucine	g	0.113	--	--	0.105	0.225
Leucine	g	0.214	--	--	0.199	0.426
Lysine	g	0.127	--	--	0.118	0.253
Methionine	g	0.054	--	--	0.050	0.107
Cystine	g	0.057	--	--	0.053	0.113
Phenylalanine	g	0.146	--	--	0.136	0.291
Tyrosine	g	0.089	--	--	0.083	0.177
Valine	g	0.175	--	--	0.163	0.348
Arginine	g	0.473	--	--	0.440	0.941
Histidine	g	0.066	--	--	0.061	0.131
Alanine	g	0.147	--	--	0.137	0.293
Aspartic acid	g	0.282	--	--	0.262	0.561
Glutamic acid	g	0.659	--	--	0.613	1.311
Glycine	g	0.137	--	--	0.127	0.273
Proline	g	0.119	--	--	0.111	0.237

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 93g	1 package (7 oz) 199g
Serine	g	0.149	--	--	0.139	0.297
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

<sup>1</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977